



Youth Rules Summary



	U-6 age cut-off July 31	U-7 age cut-off July 31	U-9 age cut-off July 31	U-11 age cut-off July 31	JR VARSITY	VARSITY	U-18 age cut-off July 31
Referee	NO	YES	YES	YES	YES	YES	YES
Ball Size	3	3	4	4	5	5	5
# of Players	4 v 4 NO Goalie	6 v 6 1 must be a Goalie	8 v 8 1 must be a Goalie	9 v 9 1 must be a Goalie	8 v 8 1 must be a Goalie	11 v 11 1 must be a Goalie	11 v 11 1 must be a Goalie
Duration of Game	4-8 minute Qtrs 5 min half time Each player must play half of the game	4-10 minute Qtrs 5 min half time Each player must play half of the game	2-25 min Halves 5 min half time Each player must play half of the game	2-30 min Halves 5 min half time Each player must play half of the game	2-30 min Halves 5 min half time Each player must play half of the game	2-35 min Halves 5 min half time Each player must play a min. of 9 min. per game	2-40 min Halves 5 min half time Each player must play a min. of 9 min. per game
Equipment	Shin-guards Socks that cover shin-guards RAC Uniform only Soccer Shoes NO TOE CLEAT NO JEWELRY NO EXCEPTIONS	Shin-guards Socks that cover shin-guards RAC Uniform only Soccer Shoes NO TOE CLEAT NO JEWELRY NO EXCEPTIONS	Shin-guards Socks that cover shin-guards RAC Uniform only Soccer Shoes NO TOE CLEAT NO JEWELRY NO EXCEPTIONS	Shin-guards Socks that cover shin-guards RAC Uniform only Soccer Shoes NO TOE CLEAT NO JEWELRY NO EXCEPTIONS	Shin-guards Socks that cover shin-guards RAC Uniform only Soccer Shoes NO TOE CLEAT NO JEWELRY NO EXCEPTIONS	Shin-guards Socks that cover shin-guards RAC Uniform only Soccer Shoes NO TOE CLEAT NO JEWELRY NO EXCEPTIONS	Shin-guards Socks that cover shin-guards RAC Uniform only Soccer Shoes NO TOE CLEAT NO JEWELRY NO EXCEPTIONS
Slide Tackles	NOT ALLOWED	NOT ALLOWED	Allowed, but not from behind	Allowed, but not from behind	Allowed, but not from behind	Allowed, but not from behind	Allowed, but not from behind
Free Kicks	Only Indirect No Penalty Kicks No Offsides Can't Score from Kick-Off	Goal Keeper must throw the ball, No punting the ball Attacking team must be behind attacking line on re-start of the game No Offsides, no Penalty Kicks Can't Score from Kick-Off Coach allowed behind goal	Goal Keeper must throw the ball, No punting the ball Attacking team must be behind attacking line on re-start of the game Players can NOT Head the ball Can't Score from Kick-Off Coach allowed behind goal	USSF Players can NOT Head the ball Can't Score from Kick-Off Coach allowed behind goal	USSF Can't Score from Kick-Off Coach allowed behind goal	USSF	USSF
Throw-ins	Yes	2 Attempts	1 Attempt	Retry until ½ of season	No Retry	No Retry	No Retry
Substitutions	In the middle of each quarter or at the end of a quarter	Both Teams on any Throw-ins Goal Kicks After Goals Corner Kicks * Injury	Both Teams on any Throw-ins Goal Kicks After Goals Corner Kicks * Injury	Both Teams on any Throw-ins Goal Kicks After Goals * Injury	USSF *Ether team goal kick or after a score *Team in possession throw-in * Injury	USSF *Ether team goal kick or after a score *Team in possession throw-in * Injury	USSF *Ether team goal kick or after a score *Team in possession throw-in * Injury
Cards	Coaches Referee No Cards	Yellow or Red	Yellow or Red	Yellow or Red	Yellow or Red	Yellow or Red	Yellow or Red

Parents & fans must sit on the opposite side of the field from the player benches

Weather: If Lightning is indicated within 10 miles, The game will be delayed until the 10 miles zone is clear.

Game cancellations will be announced by 4:00 p.m. on weekdays and by 8:00 a.m. on Saturdays. This information can be accessed at www.rogersar.gov/recreation or by calling 479-631-0336 and choosing option #1.

